

WHAT IS CLAIMED IS:

1 A shoe including:

a shoe upper and a shoe sole including a least a bottom sole;

at least a portion of said shoe sole being formed by a non-orthotic

5 removable midsole section;

at least a portion of the sides of said shoe upper being attached directly to the bottom sole, such that the shoe upper envelopes, on the outside, at least the non-orthotic removable midsole section of said shoe sole; and

at least a part of an inner and an outer surface of the shoe sole being
10 concavely rounded relative to an intended wearer's foot location inside the shoe, as viewed in a frontal plane when the shoe sole is in an upright, unloaded condition.

2. A shoe as claimed in claim 1 wherein said non-orthotic removable midsole section is insertable into said shoe upper through an opening in the shoe
15 upper provided for entry and exit of an intended wearer's foot into and out of said shoe.

3. A shoe sole for a shoe or other footwear, such as an athletic shoe or street shoe, including:

at least a bottom sole, a midsole, an inner surface and an outer surface;

20 at least a part of said outer surface being concavely rounded relative to an intended wearer's foot location inside the shoe, as viewed in a frontal plane when the shoe sole is in an upright, unloaded condition; and

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wherein said midsole includes a non-orthotic midsole section which is removable from said shoe sole and which forms at least a portion of said concavely rounded part of said outer surface.

4. A shoe sole as claimed in claim 3 wherein said removable non-orthotic
5 midsole section is releasably secured to at least one of said shoe sole or a shoe of which said shoe sole forms a part, by a releasable securing structure selected from the group consisting of mechanical fasteners, a snap fit, adhesives, interlocking surfaces, and combinations thereof.

5. A shoe sole as claimed in claim 1 wherein the shoe sole further
10 includes at least one compartment containing a fluid, a flow regulator, a pressure sensor to monitor the compartment pressure, and a control system in communication with said compartment and said flow regulator; and wherein said control system is capable of automatically adjusting the pressure in said compartment based on sensing of a predetermined pressure in said compartment
15 resulting from impact of the shoe sole with the ground surface.

6. A shoe sole as claimed in claim 5 wherein said control system is a computer processor in electrical communication with said flow regulator and said sensor and wherein said computer processor receives and stores pressure data from said sensor and computes said predetermined pressure.

20 7. A shoe sole as claimed in claim 6, wherein said non-orthotic removable midsole section is capable of being permanently affixed in said shoe sole.

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8. A shoe sole as claimed in claim 5 wherein said shoe sole includes at least two compartments and a duct communicating between said at least two compartments.

9. A shoe sole as claimed in claim 6 wherein said shoe sole includes at least two compartments and a duct communicating between said at least two compartments.

10. A shoe sole as claimed in claim 7 wherein said shoe sole includes at least two compartments and a duct communicating between said at least two compartments.

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